

A Daily Wellness Practice



C

Connection

CONNECTION

Connection is an essential ingredient in fostering a healthy To foster a sense of connection, I make it a point to ask either a patient or team member a question not related directly to my work. "What kind of music do you like?" These questions help bridge the gap between providers and patients through shared humanity.



O

Ovation
(Gratitude)

OVATION (Gratitude)

Ovation or gratitude has been shown to improve mood. At the end of the day each day, I ask my team for one way they grew and one thing they were grateful for.



L

Laughter

LAUGHTER

Laughter at work can add fun to an often unpredictable and high-stress environment. Adding "joke rounds" to the day can help improve a team's sense of wellness.



O

Oooh (Curiosity)

OOOH (Curiosity)

Curiosity can take a mundane and rote clinical day and turn it into the stuff of academic journals. Often this can be accomplished by asking your teams to take a deep dive into a clinical scenario or question that peaks their interest.



R

Relax

RELAX

Taking scheduled breaks, especially outdoors when feasible, can help refresh the mind, body, and spirit.



BEAT BURNOUT

"The days are long but the years are short"- Gretchen Rubin. Nowhere is this sentiment more obvious than in healthcare. Use the following conceptual model to add COLOR to your workday.

This framework was created by Dr. Moksha Patel at the University of Colorado Anschutz Medical Campus and the ideas have been shared on the KevinMD Podcast.

